

# Living with Guilt

## Note-Taking Handout

	<b>Living with Guilt</b>	
	Presented by Magellan Health Services	
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	<b>Living with Guilt</b>	
	<b>Learner Objectives:</b> <ul style="list-style-type: none"><li>▪ Identify typical sources of guilt for working adults.</li><li>▪ Describe how guilt can impact your life.</li><li>▪ Become familiar with strategies for handling work &amp; home commitments to reduce guilt.</li><li>▪ Practice a few useful techniques for coping with guilt.</li><li>▪ List the benefits of learning about living with guilt</li></ul>	
		

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	<b>Living with Guilt</b>	
	<b>Session Overview:</b> <ul style="list-style-type: none"><li>▪ Work demands + Home demands = Guilt?</li><li>▪ How does Guilt impact your life?</li><li>▪ Suggestions for handling work &amp; home commitments to reduce Guilt.</li><li>▪ Useful techniques for coping with Guilt.</li><li>▪ Benefits of learning about living with Guilt.</li></ul>	
		

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# Living with Guilt

## Note-Taking Handout

### Working Demands + Home Demands = Guilt?

When you experience ...	What are your physical symptoms?	What are your emotional feelings?
Anger		
Fear		
Anxiety		
Guilt		

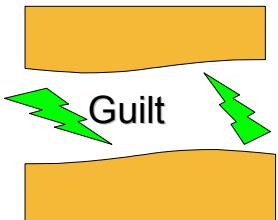


### Work Demands + Home Demands = Guilt?

Guilt - Who triggers it	Guilt - What triggers it	Guilt - When is it triggered?
Mother		
Son's teacher	Cannot volunteer in room. No time to drill on math.	
Friend at work		
Boss		Taking my Dad to physical therapy each day



### Work Demands + Home Demands = Guilt?



# Living with Guilt

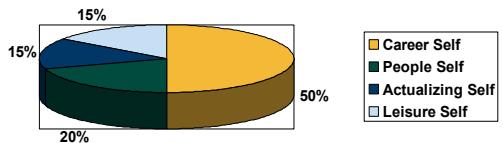
## Note-Taking Handout

### How does Guilt impact your life?

- Your self
- Your spouse/partner
- Your children
- Your elder parent/relative
- Your siblings
- Your work group
- Your friends
- Your community (school, religious group, professional organizations, etc.)



### An Example of a Balanced Self



### Suggestions for handling work & home commitments to reduce Guilt

- What are three (3) things that you do to help reduce your feelings of guilt?

For each one, identify:

- Positive outcome(s)?
- Negative outcome(s)?



# Living with Guilt

## Note-Taking Handout

### Suggestions for handling work & home commitments to reduce Guilt

- Set realistic expectations, then slash them by 20%.
- Ask yourself - *What really matters to me?*
- Let go and delegate with a smile.
- Compartmentalize to clarify boundaries.
- Communicate what is important to you.
- Assess your energy; both input and output.
- Look ahead to head off conflicts or crises.
- Find flexibility within your self - apply frequently.



### Useful techniques for coping with Guilt

#### 12 Steps to a Healthy Mindset

1. Take Five
2. A Friend Indeed
3. Shift Gears
4. The Worry Hour
5. Love to Laugh
6. Get Some Perspective



### Useful techniques for coping with Guilt

#### 12 Steps to a Healthy Mindset

7. Take Action
8. Avoid the Coulda-Shoulda-Wouldas
9. Pursue Other Interests
10. Spiritual Support
11. Meditation, Massage & Relaxants
12. Indulgent Necessities

[How to Care for Aging Parents...Virginia Morris](#)



# Living with Guilt

## Note-Taking Handout

### Useful techniques for coping with Guilt

#### Adopt The Four Agreements

1. Be impeccable with your word.
2. Don't take anything personally.
3. Don't make assumptions.
4. Always do your best.

[The Four Agreements](#), Don Miguel Ruiz



### Benefits of learning about living with Guilt

- Believe that you can control it in your life.
- Recognize the situations that trigger feelings of guilt.
- Identify strategies that work to dispel guilt.
- Learn to set realistic expectations.
- Strive for healthy responses to difficult situations at work and home.

